

There are many ways for each of us to show our appreciation for military spouses. Working through community-based organizations, workplaces, schools, and places of worship, we can help them support their families, establish or build a career, and address the unique challenges they face.

I am inspired every day by our men and women in uniform and their families. They are America's greatest military asset, and my Administration is committed to fulfilling our obligations to them. Today, let us honor the spouses and families who support our servicemembers and, in doing so, help defend our Nation and preserve our liberty.

NOW, THEREFORE, I, BARACK OBAMA, President of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim May 7, 2010, as Military Spouse Appreciation Day. I call upon the people of the United States to honor military spouses with appropriate ceremonies and activities.

IN WITNESS WHEREOF, I have hereunto set my hand this sixth day of May, in the year of our Lord two thousand ten, and of the Independence of the United States of America the two hundred and thirty-fourth.

BARACK OBAMA

#### **Proclamation 8516 of May 7, 2010**

#### **National Women's Health Week, 2010**

*By the President of the United States of America  
A Proclamation*

In recent decades, our Nation has made extraordinary progress in promoting women's health issues. However, far too many women remain underserved and we must continue working to ensure all women can access medical services, receive fair treatment, and make healthy choices. During National Women's Health Week, we recommit to breaking existing barriers and improving the health of American women for generations to come.

Many American women face significant obstacles in caring for themselves and their families. That is why my Administration fought tirelessly to pass the Affordable Care Act, which I recently signed into law. This landmark legislation gives Americans greater control over their health care decisions and access to affordable and equitable insurance. It lowers costs for women and prohibits insurance companies from overcharging because of gender or denying coverage due to a pre-existing condition. The Affordable Care Act also requires that new health care plans cover preventive care, routine screenings, and regular checkups, as well as basic pediatric services for children. These services are vital to maintaining individual well-being, and empower women when making choices for themselves and their families. Visit [HealthReform.gov](http://HealthReform.gov) to learn more about how the Affordable Care Act benefits Americans across the country.

We have taken steps to provide access to high-quality, affordable health care, but individuals must also lead healthy lives and set a good example for their children. From scheduling regular medical examinations to applying sunscreen, simple, everyday activities can make a positive impact on

the lives of women. Regular exercise, coupled with a nutritious diet, helps prevent heart disease, obesity, and other chronic conditions. Visit [WomensHealth.gov](http://WomensHealth.gov) and [GirlsHealth.gov](http://GirlsHealth.gov) for more information and resources on women's health issues. I also encourage Americans to visit [www.WhiteHouse.gov/Administration/EOP/CWG](http://www.WhiteHouse.gov/Administration/EOP/CWG) to learn about the White House Council on Women and Girls—a body I created to bring women's issues to the forefront, and to emphasize women's roles as full partners in shaping and implementing our Nation's policies.

The health of American women and girls is not just a women's issue; all Americans have a vested interest. Women are the foundation of many families, and by encouraging their wellness, we also promote the vitality of our children and our communities. By standing firm in our commitment to improve women's health, we can give our daughters and granddaughters—and all Americans—a brighter future.

NOW, THEREFORE, I, BARACK OBAMA, President of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim May 9–15, 2010, as National Women's Health Week. I encourage all Americans to celebrate the progress we have made in protecting women's health and promote prevention, awareness, and educational activities that improve the health of all women.

IN WITNESS WHEREOF, I have hereunto set my hand this seventh day of May, in the year of our Lord two thousand ten, and of the Independence of the United States of America the two hundred and thirty-fourth.

BARACK OBAMA

#### **Proclamation 8517 of May 7, 2010**

#### **Mother's Day, 2010**

*By the President of the United States of America  
A Proclamation*

Generations of mothers have labored tirelessly and selflessly to support and guide their children and families. Their loving, devoted efforts have broadened horizons for their children and opened doors of opportunity for our Nation's daughters and granddaughters. On Mother's Day, we pay tribute to these women who have given so much of themselves to lift up our children and shape America's character.

Julia Ward Howe, who wrote the words for the song *The Battle Hymn of the Republic*, led early efforts to establish a day honoring the influence of mothers on our lives and communities. In the ensuing decades, many Americans rallied to support this cause, including Anna Jarvis. After the loss of her own mother, Anna helped spur the nationwide institution of Mother's Day we celebrate each year.

From our first moments in this world and throughout our lives, our mothers protect us from harm, nurture our spirits, and encourage us to reach for our highest aspirations. Through their unwavering commitment, they have driven and inspired countless acts of leadership, compassion, and